

Tomato Spinach Soup

1 1/2 tsp. olive oil
3/4 cup onion, chopped
1 clove garlic, minced
1 1/2 cups salsa
1 cup tomato juice
1 tsp. sugar
29 oz. tomatoes, whole, undrained, chopped
11 oz. sugar-free condensed tomato soup
10 oz. frozen chopped spinach

Coat a large Dutch oven with vegetable cooking spray. Add olive oil and place over medium-high heat until hot. Add the onion and garlic. Sauté for 2 minutes. Add remaining ingredients; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until thoroughly heated. Makes 8 servings.

Nutrition information per serving: calories 158; protein 5 grams; fat 3 grams; sodium 1251 mg